

Application of Distraction Therapy Through Natural Video in Pre Sectio Caesarea (SC) Patients with Anxiety Nursing Problems in the Inpatient Room of Khadijah Rsia Annisa

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ABSTRACT

Background: Delivery through Sectio Caesarea (SC) often causes anxiety in preoperative mothers due to lack of information, concerns about fetal safety, and fear of the surgical procedure. Anxiety can trigger physiological responses such as increased heart rate, sleep disturbances, and emotional tension that may affect the mother's condition before delivery. Therefore, effective non-pharmacological interventions are needed to help reduce patient anxiety. One intervention that can be used is distraction therapy through nature videos, which provide calming visual stimuli and help divert the patient's attention. This study aimed to determine the effectiveness of distraction therapy using nature videos in reducing anxiety levels among pre-Sectio Caesarea patients in the Khadijah inpatient ward of RSIA Annisa.

Methods: This study used a case study design based on Evidence-Based Practice Nursing. The research was conducted in the Khadijah inpatient ward of RSIA Annisa in December 2025 with two pre-Sectio Caesarea patients experiencing moderate anxiety. Data were collected through observation, interviews, and measurement of anxiety levels using the Hamilton Anxiety Rating Scale (HARS). The intervention consisted of distraction therapy using nature videos for 15 minutes each day for three consecutive days after the patients provided informed consent.

Results: The results showed a decrease in anxiety levels in both patients. The HARS score of the first patient decreased from 26 to 13, while the second patient's score decreased from 25 to 12. Patients also appeared calmer, showed reduced restlessness, and experienced improved rest quality after the intervention.

Conclusion: Distraction therapy using nature videos is effective in reducing anxiety in pre-Sectio Caesarea patients and can be used as a non-pharmacological nursing intervention to improve patients' psychological comfort before surgery.

ABSTRAK

Latar Belakang: Persalinan dengan tindakan Sectio Caesarea (SC) sering menimbulkan ansietas pada ibu preoperatif akibat kurangnya informasi, kekhawatiran terhadap keselamatan janin, serta ketakutan terhadap prosedur operasi. Ansietas dapat memicu respons fisiologis seperti peningkatan denyut nadi, gangguan tidur, dan ketegangan emosional yang berpotensi memengaruhi kondisi ibu sebelum persalinan. Oleh karena itu, diperlukan intervensi nonfarmakologis yang efektif untuk membantu menurunkan kecemasan pasien. Salah satu intervensi yang dapat digunakan adalah terapi distraksi melalui video alam yang memberikan stimulus visual menenangkan dan membantu mengalihkan perhatian pasien. Penelitian ini bertujuan untuk mengetahui efektivitas terapi distraksi melalui video alam dalam menurunkan tingkat ansietas pada pasien pre Sectio Caesarea di ruang rawat inap Khadijah RSIA Annisa.

Metode: Penelitian ini menggunakan desain studi kasus berbasis Evidence Based Practice Nursing. Penelitian dilakukan di ruang rawat inap Khadijah RSIA Annisa pada Desember 2025 dengan dua pasien pre Sectio Caesarea yang mengalami ansietas sedang. Data dikumpulkan melalui observasi, wawancara, dan pengukuran tingkat kecemasan menggunakan Hamilton Anxiety Rating Scale (HARS). Intervensi berupa terapi distraksi melalui video alam selama 15 menit setiap hari selama tiga hari berturut-turut setelah pasien memberikan informed consent.

Hasil: Hasil menunjukkan adanya penurunan tingkat ansietas pada kedua pasien. Skor HARS pasien pertama menurun dari 26 menjadi 13, sedangkan pasien kedua dari 25 menjadi 12. Pasien juga tampak lebih tenang, gelisah berkurang, dan kualitas istirahat lebih baik setelah intervensi.

Kesimpulan: Terapi distraksi melalui video alam efektif membantu menurunkan ansietas pada pasien pre Sectio Caesarea dan dapat digunakan sebagai intervensi keperawatan nonfarmakologis untuk meningkatkan kenyamanan psikologis pasien sebelum operasi.

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INTRODUCTION

Sectio Caesarea (SC) is one of the medical procedures in the field of obstetrics that is carried out to help the delivery process when normal delivery cannot be carried out due to certain conditions in the mother and fetus. This procedure is performed surgically by opening the walls of the mother's stomach and uterus to remove the baby. Globally, the rate of births by Sectio Caesarea continues to increase, especially in developing countries. The World Health Organization (WHO) recommends that the rate of Sectio Caesarea procedures ranges from 10–15% of all deliveries, because if done without clear indications, it can increase the risk of morbidity and mortality in both mother and baby. In Indonesia itself, based on Riskesdas data in 2018, around 15.3% of deliveries are carried out through Sectio Caesarea surgery, with some provinces showing quite high numbers (Aulia Ulfa, 2024).

In addition to the physical impact, patients who are about to undergo surgery often experience psychological changes, one of which is anxiety. Surgery is a medical procedure that can cause stress in individuals, so the psychological reaction that most often arises is anxiety or anxiety (Hasanah, 2026). Anxiety in preoperative patients can arise due to various factors such as lack of information about the surgical procedure, concern for fetal safety, and perception of pain that will be experienced during and after surgery. This condition is not only experienced by patients but also by families who face the decision to have surgery as a solution to their health problems (Kurniyati & Bakara, 2021).

Anxiety that is not handled properly can cause various physiological and psychological responses in patients, such as increased heart rate, anxiety, sleep disturbances, and repeated worries about the health conditions that will be faced (Ningsih, 2024). Therefore, handling anxiety in preoperative patients is an important part of nursing care to improve the physical and psychological readiness of patients before undergoing medical procedures.

In nursing practice, there are various approaches that can be used to overcome patients' anxiety, both pharmacologically and non-pharmacologically. Nonpharmacological therapies are increasingly used because they are relatively safe, easy to apply, and can improve patient comfort. One method that can be used is the distraction technique. Distraction techniques work by diverting the patient's attention from the stimulus that induces anxiety to another, more calming stimulus. Forms of distraction can be in the form of visual, auditory, or intellectual distractions that can help patients reduce their focus on the fear and anxiety experienced (Kurniyati & Bakara, 2021).

One form of distraction that can be used is distraction therapy through nature videos. This therapy utilizes visual stimuli in the form of natural landscapes such as forests, seas, or waterfalls that provide a relaxing effect and help improve the patient's mood. This visual stimulation can help reduce the activity of the sympathetic nervous system which plays a role in the stress response, so that it is able to reduce blood pressure, heart rate, and anxiety levels of patients. Previous research has also shown that distraction techniques such as the use of visual media or virtual reality can affect the anxiety levels of patients undergoing certain medical procedures (Siagian, 2023).

Although various studies have shown the benefits of distraction techniques in reducing patient anxiety, the application of distraction therapy through natural video in pre Sectio Caesarea patients is still not widely applied systematically in clinical nursing practice. Therefore, research is needed that can examine the application of this intervention as part of evidence-based nursing care in helping to reduce patients' anxiety levels before undergoing surgery.

Based on this background, this study aims to determine the effectiveness of the application of distraction therapy through natural videos in reducing anxiety in pre-Sectio Caesarea patients

undergoing treatment in the inpatient room of Khadijah RSIA Annisa. This research is expected to contribute to the development of effective, simple, and easy-to-apply nonpharmacological nursing interventions to improve patients' comfort and psychological readiness before undergoing surgery.

METHOD

Types of Research

The type of research used is a descriptive case study based on Evidence Based Practice Nursing (EBPN) which aims to apply nursing interventions and evaluate the effectiveness of distraction therapy through natural video in reducing anxiety levels in preoperative Sectio Caesarea (SC) patients. The case study approach is used to describe in depth the process of reviewing, planning, implementing, and evaluating nursing interventions in patients with anxiety issues prior to surgical action.

Research Location and Time

This research was carried out in the inpatient room of Khadijah RSIA Annisa. The study was carried out in December 2025 during the patient treatment period before the Sectio Caesarean surgery.

Population and Sample

The study subjects consisted of two pre-Sectio Caesarea patients who experienced moderate anxiety. The first patient was 20 years old with medical indications of breech and umbilical cord circumference, while the second patient was 29 years old with indications of cephalopelvic disproportion. Both patients were chosen as study subjects because they met the criteria for preoperative Sectio Caesarea patients who experienced anxiety and were willing to follow distraction therapy through nature videos.

Data Collection

Data collection was carried out through observation, interviews, and measurement of patients' anxiety levels before and after the intervention. The instrument used to measure anxiety levels is the Hamilton Anxiety Rating Scale (HARS) which is used to assess anxiety levels based on the patient's physical and psychological symptoms. The intervention provided is in the form of distraction therapy through nature videos by showing videos of natural landscapes such as forests, seas, or waterfalls accompanied by soothing natural sounds. This therapy aims to shift the patient's focus from feelings of anxiety to visual stimuli that provide a relaxation effect. Therapy is given for 15 minutes once a day for three consecutive days. The first patient received the intervention on December 8–10, 2025, while the second patient on December 15–17, 2025.

Data Processing and Analysis

Data analysis was carried out by comparing anxiety level scores before and after the administration of natural video distraction therapy interventions using the results of HARS measurements. Changes in anxiety levels were analyzed descriptively to see the effectiveness of therapy against the reduction of anxiety in pre sectio Caesarea patients. The results of the evaluation were then interpreted based on changes in anxiety scores, patient behavioral responses, and changes in physiological conditions during the intervention process.

RESEARCH RESULTS

The results of the application of Natural Video Diaspora to overcome anxiety using the HARS Measurement tool are as follows:

Table 1. Distribution

Day	Skor HARS Pre-Test	Category	HARS Post-Test Score	Category
1	26	Moderate Anxiety	15	Ansietas Ringan
2	24	Moderate Anxiety	14	Ansietas Ringan
3	15	Ansietas Ringan	13	No anxiety

Table 2. Distribution

Day	Skor HARS Pre-Test	Category	HARS Post-Test Score	Category
1	25	Moderate Anxiety	16	Mild Anxiety
2	22	Moderate Anxiety	15	Mild Anxiety
3	14	Ansietas Ringan	12	No anxiety

The results of the evaluation showed that the success indicators in the client had improved. The verbalization of worry about the situation at hand decreased by a score of 5, where the client was able to express his feelings more calmly and no longer showed excessive anxiety. Disturbing behaviors that previously seemed to start to decline with a score of 5, characterized by a calmer attitude of the client during interactions. Tense behavior also decreased with a score of 5, as seen from a more relaxed posture and the client's ability to follow directions well. Complaints of dizziness that were previously felt by clients no longer appear or decrease with a value of 5. In addition, the client's blood pressure was within the normal limit of Patients Mrs. A 120/90 and Mrs. D 110/80 in accordance with the standards set in SLKI, which was with a value of 5.

Based on the above, it can be seen that both patients experienced a gradual decrease in anxiety scores during 3 days of administration of distraction therapy through nature video. Mrs. D showed a decrease in score from moderate anxiety to no anxiety, while Mrs. A decreased from moderate anxiety to no anxiety. These results show that distraction therapy through natural video is effective in reducing anxiety levels in partum Sectio Caesarea (SC) patients.

DISCUSSION

The implementation of nursing care was carried out on Mrs. D and Mrs. A in the Kenanga Khadijah room of RSIA Annisa Pekanbaru in December 2024. The application of this nursing care was carried out on both Pre Sectio Caesarea patients who had anxiety problems. There are several things that will be described in this chapter related to theoretical review and case review with several supporting factors and gaps that occur that are outlined with the nursing process, including:

Nursing assessment is the initial stage in the nursing process in the form of collecting data about patients. Nursing assessments aim to collect and analyze data on the client's health conditions (Berman et al., 2022). Nursing assessments focus on the client's response to health problems. Nursing assessments should include the client's perceived needs, health issues, related experiences, health practices, values, and lifestyle. The data collected in the assessment process must be relevant to a specific health issue (Tutiany et al., 2024). On follow-up examination, it was found that both clients experienced anxiety related to the first pregnancy they were undergoing. Based on the results of the study conducted on two pregnant women in the third trimester, the author examined the mother's health history, where the pregnant woman was cooperative during the study process. Clients express anxiety about the delivery process that will be faced, health conditions and fetal growth and development, emotional instability, back pain that appears repeatedly, and concerns about the care of the baby after birth because this is the first pregnancy experience. Clients also stated that they often stay awake at night so that rest time is disrupted, which causes a lot of thoughts and feelings to be overwhelmed. In addition, the client feels anxiety and fear about the possibility of a sectio caesarean delivery operation. If anxiety in pregnant women is allowed to continue, anxiety levels can increase and potentially cause mothers to become less cooperative. This writing is in line with the previous writing done by (Azizah & Rohimah, 2019).

Anxiety can occur in a person due to ignorance or lack of information obtained. In research conducted by (Oktya, Wijaya, & Rusyanti, 2023) Knowledge is the result of knowledge carried out by humans towards a certain object through the more dominant sense process that occurs through the process of sense, sight with eyes and hearing with ears. Knowledge or cognition is a dominant factor that is very decisive in shaping a person's habits or actions (Notoatmodjo, 2018).

Nursing diagnosis is the second stage in the nursing process after the study. Nursing diagnosis is an important part of determining the right nursing care to help clients achieve optimal health. A nursing diagnosis is a clear, concise and unambiguous statement of client problems that can be changed or resolved through nursing action. Nursing diagnoses describe various health conditions, health irregularities, the presence of risk factors and areas where personal growth is enhanced (Tutiany et al., 2024).

Once a nursing diagnosis appears, the next stage in the nursing process is to plan actions on the patient. In managed patients, the intervention focused on the first diagnosis, namely Anxiety related to threats to self-concept and lack of exposure to information about the Sectio Caesarea procedure. Some types of non-pharmacological therapies that can be used to lower anxiety levels are distraction, aromatherapy, hypnosis, music therapy, meditation, and relaxation. One of the non-pharmacological therapies that can be used is distraction techniques, one of which is Watching videos and listening to music is one of the complementary therapies to overcome several states of discomfort, worry, anxiety, decreased mood and decreased attention (Wulandari et al., 2023).

Implementasi keperawatan adalah tahap keempat dalam proses keperawatan yang melibatkan pelaksanaan intervensi yang telah direncanakan untuk mencapai tujuan dan hasil yang diharapkan. Tahap implementasi merupakan aktualisasi dari rencana keperawatan yang telah disusun sebelumnya. Tahap implementasi melibatkan pelaksanaan rencana tindakan keperawatan yang telah disusun. Perawat melakukan intervensi keperawatan, memantau respons pasien, dan memodifikasi rencana jika diperlukan (Tutiany et al., 2024).

In case implementation, the implementation focuses on nursing interventions that have been prepared. The implementation was carried out for 3 days starting from December 8-17, 2025, the implementation of natural video distraction therapy to reduce anxiety levels in primigravida third trimester pregnant women with sectio caesarean delivery and then on the first day before the application of natural video distraction therapy, pregnant women were first given a pre-test questionnaire Hamilton Anxiety Rating Scale (HARS) and then pregnant women were explained the purpose, Benefits and methods of natural video distraction techniques by the author. On the third day, a post test was carried out with the aim of measuring the level of anxiety experienced by pregnant women.

The implementation of the natural video distraction therapy technique was carried out for 15 minutes. Nature video distraction therapy is done once a day. In both clients, it is done 3 times within 3 days in a row. This natural video distraction therapy is a simple and easy to do distraction therapy. The application of natural video distraction therapy starts from preparing tablet media then positioning the patient half seated first, Play nature videos (Trees, forests, waterfalls and oceans) for 15 minutes, during the video let the patient enjoy without interruption, then observation and evaluation of activities.

CONCLUSIONS AND SUGGESTIONS

Based on the results of the study, pre-partum Sectio Caesarea patients experienced anxiety that can be seen from physical, emotional, and behavioral responses such as restlessness, fear, worry, and difficulty relaxing before surgery. The level of anxiety before the intervention was in the mild to moderate category which was influenced by fear of the surgical procedure, concern for the safety of the mother and fetus, and lack of understanding of the surgical procedure.

The application of distraction therapy through natural videos for $\pm 10-15$ minutes can make patients calmer, reduce tension, and help distract from anxiety. The results of the evaluation showed a decrease in anxiety levels after the intervention, so natural video distraction therapy was considered effective as a nonpharmacological nursing intervention to help reduce anxiety in prepartum Sectio Caesarea patients.

Advice for Health Workers It is recommended to use natural video distraction therapy as a nonpharmacological intervention to help reduce anxiety in pre Sectio Caesarea patients. For Patients/Pregnant Women, it is recommended that natural video distraction therapy can be done independently at home with the guidance of health professionals to help control anxiety and for Researchers Next: It is expected to conduct a study with a larger sample number and additional variables to strengthen the evidence of the effectiveness of this therapy.

Author's Contribution Statement:

Almaderi Putra: Conceptualization, Methodology, Investigation, Project Administration, Resources, Formal Analysis, Writing – Original Draft, Writing – Review & Editing, Funding Acquisition, Supervision. **Angga Arfina:** Conceptualization, Methodology, Investigation, Data Curation, Validation, Writing – Review & Editing, Resources. **Rina Herniyanti:** Methodology, Investigation, Data Curation, Formal Analysis, Writing – Review & Editing, Validation. **Genevieve Ulfa Hasanah:** Conceptualization, Methodology, Formal Analysis, Writing – Original Draft, Writing – Review & Editing, Visualization, Resources.

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